



PSHE Topic: How will we grow and change?

Year: 4 **Term:** Spring 2

Key Knowledge/Content:

- **Health and wellbeing- Ourselves, growing and changing:** Children will talk about the physical and emotional changes that happen when approaching and during puberty.
- Children will discuss hygiene routines and the importance of keeping clean, including how to maintain personal hygiene.

Key vocabulary with definition:

A separate vocabulary sheet can be requested upon request.

Previously taught vocabulary, that has been agreed upon for naming body parts, is as follows:

- Body parts- Breasts, nipples, anus, vagina, penis, testicles.

Links to:

Prior learning:

To discuss naming their body parts with the correct terminology.

Future learning:

To discuss how their bodies change and grow.

By the end of this unit

All children can: **recognise** that puberty will happen in the future and **understand** how and why their body changes.

Most children can: **demonstrate** good personal hygiene and **understand** the importance of keeping themselves clean.

Some children can: **demonstrate** and **explain** what happens to their body during puberty.

Background understanding for teachers and parents:

The Government issued new guidance and schools are required to teach children about how their bodies grow and change during puberty. We teach this in school in stages from year 1 until year 6. If you have any questions about the content then please request a meeting with Mrs Danks.

Curriculum Driver:

Healthy lifestyles

Evidence outcome:

It is important that children understand what is going to happen to their bodies. It is also important that they understand good personal hygiene.